



The Student Wellness Center is pleased to sponsor

INTRO TO POSITIVE PSYCHOLOGY:

A student-led workshop

This workshop will share tips from two decades of research dedicated to uncovering what enables people to live vibrant, flourishing lives.

Positive Psychology uses rigorous science to discover effective ways for enhancing wellbeing. It studies building positive emotions, working with negative emotions, cultivating engagement, building authentic and nurturing relationships, finding meaning, setting and meeting goals, and more.

Learn how simple tweaks to your schedule, outlook and habits that can lead to dramatic and measurable increases in your well-being.

Monday, April 16th 7:30-8:30 pm
Collis 101

Student facilitator, Mara Stewart, a psychology major and '19 at Dartmouth, is passionate about spreading positive psychology. She is certified as a positive psychology practitioner as well as a flourishing skills facilitator through the Flourishing Center, a positive psychology organization based in New York. She will also be conducting research in the positive psychology field this summer.

Please send questions and RSVP to Mara.19@dartmouth.edu